

Birdies and Frisbees fly at Moraga Commons Disc Golf Course



Photo Casey Scheiner

Damon Rothgeb tees off at the first hole of Moraga Commons' disc golf course.

By Casey Scheiner

Brian Hanson is preparing to tee off of the first hole in Mor-

aga. Yet, he is not holding a golf club, nor is he placing a peg in the ground at Moraga Country Club. Instead, between the skate park and volleyball courts at Moraga Commons, he wields a disc, looking to launch the round, flat, plate-like object into a chained basket rather than hit a small, dimpled ball into a hole.

Hanson is one of many locals joining in on the disc golf craze that recently swept the nation, with the Professional Disc Golf Association quantifying that over one million people now regularly play. Further, the Moraga Disc Golf Course Facebook group has accumulated over 600 members. With summer arriving, that number should only spike as citizens flock outside to enjoy the warm weather at the only disc golf course within six miles of Moraga.

"Disc golf popularity locally and worldwide has rapidly expanded," Glenn Murray, the organizer for Moraga Commons' Tuesday Weekly Handicap Singles League, explained. "Lamorinda youth and adults have enjoyed the course over the

past 40 years, but it's more popular now than ever."

The sport that George Costanza of "Seinfeld" coined "frolf," or frisbee golf, has strong roots at Moraga Commons. The course, donated by the Moraga Women's Society, celebrates its 40th anniversary this year. Co-designed by "Steady" Ed Headrick, the creator of the Frisbee and the father of disc golf, and Bay Area disc golf pioneer Charlie Callahan, Moraga Commons boasts deep ties to the fabric of the sport itself.

Lamorinda residents revere its rich past, with users on the Disc Golf Course Review website calling it a "historically great course" and an "old historical course ... with historical Steady Ed significance."

Although its past glory may constitute much of the course's identity, the future has begun to take the reins of disc golf in the area, as the pandemic triggered a surge in youth participation.

"I started playing disc golf around three years ago, but I got more serious around a year ago after playing one of the weekly tournaments here

and wanting to improve," Chase Kivelson, a sophomore at Campolindo High School, said. "I love the community here [at Moraga Commons]. It's so inclusive. Everyone is always super welcoming, so I've gotten a lot of friends out of the sport."

Through all sorts of fun challenges, from drastic elevation changes to dozens of trees serving as obstacles, the nine disc golf holes, all Par 3s, which wind around the grass of Moraga Commons have brought exercise, joy, and friendship to thousands of Lamorinda citizens over the past four decades.

"It's a super nice course with a lot of variety in shots," Damon Rothgeb, an Oakland man who drives to Moraga twice a month to play disc golf at the Commons, concluded. "I love everything about disc golf: throwing the disc, watching it fly, and making improvements. It's like a fun puzzle that I'm trying to solve."

So, when the calendar turns to National Disc Golf Day on Aug. 6, it's safe to say that Moraga Commons will be filled with disc golf enthusiasts.

Got milk? Lamorinda moms not spared from the formula shortage

By Sharon K. Sobotta

When Carley Weiss went into labor with her now 3-month-old son, she never imagined being impacted by the formula shortage. "I always planned on breastfeeding," Weiss says. "But my son was tongue tied which made it difficult for him to get a good latch and painful for me." So after many unsuccessful attempts, Weiss resorted to baby formula. In the past, moms like Weiss might've been relieved to be able to have formula as an option, in spite of its hefty price tag of over \$40/can, to nourish their babies. Now, however, it's not that simple – not even in Lamorinda.

Absent the formula shortage, Weiss might have bought formula from the Moraga Safeway or another local store. Now, in the thick of it, Weiss is on a weekly scavenger hunt to find a sus-

tained supply of nourishment for her child. "A few weeks ago, my husband and I realized after the 6 a.m. feeding, that we needed more formula. We jumped in the car and we went to three different Walmarts and had to go all the way to Vacaville to find formula," Weiss says. "Another day I was at Target and there was a mom crying in the formula aisle because she couldn't find formula for her baby. I got her number and texted her when I found the product she was looking for." Although Weiss is still on maternity leave from her job as a preschool teacher, the weekly hunt for baby formula has become a full-time endeavor. She has out-of-state family as far away as Idaho, searching for her brand and sending it to her. With inflation and record-high gas prices, the cost of driving from store to store is also adding up. "If we have to switch to a generic brand, I

worry about how it will impact my baby's stomach," Weiss says.

Denise Witzig, Professor of Women's & Gender Studies at Saint Mary's College of California says, the nationwide formula shortage is infuriating and leaves her with more questions than answers. "Where is the government oversight of this? Why are so few corporations and so few businesses in charge of producing something that is so vital to many families and babies?"

Certified Lactation Counselor Yael Bromberg says that while the formula shortage is a symptom of the much larger issue of conglomeration, this one is harming the country's most vulnerable people. "Why do we have systems where there's a very small number of players in the formula industry in the United States? Why is it that when Abbot has a recall related to one of their plants,

we're consolidated in such a critical way that the whole supply chain starts to crumble?"

Bromberg says it's naive for people to suggest just switching to breastfeeding if formula is unavailable. "Babies in adoptive families or born to surrogates naturally can't just switch," Bromberg says. "(And neither can formula fed babies in general. If you don't use (breastmilk), you lose it. This is why breastfeeding rates decline sharply after six weeks when many women return to work."

Shameka Brown is a Sodexo caterer in Moraga and the single mom of three children. She stopped nursing her first two children after they were just over a month old, not because she didn't have a right to pump, but because she didn't know she did. "When I was having my son, my coworker told me I had the right to pump as

many times as necessary in a day," Brown says. "So I did until he was 18 months old. My son is the only one of my children who didn't have (digestive) issues. I also lost my pregnancy weight very quickly and it was good for our bond."

As the infant formula shelf in the Lafayette Whole Foods remains empty and the selection of brands of formula in places like Safeway remains limited, many people are taking note of societal ironies as one mom noted on a local social media page. "Why is it that it's easier to buy guns (that kill people) than formula (to feed our babies)?" Even if Weiss and other local moms of infants are left with the same quandary, they can't wait for the formula shortage to be resolved. "We'll get through this," Weiss says. "But it's super stressful."

Don't get burned! Fire Safety & Emergency Preparedness Event



Submitted by Karen Boccabella

Benjamin Boccabella, Boy Scout from Troop 237 Orinda, and Kathryn Ishizu, Executive Director from Lamorinda Village, partnered to host an educational fire safety event for Lamorinda Village (www.lam-

Duncan Seibert, Program Manager Lamorinda CERT, Gordon Nathan, CERT Instructor, Benjamin Boccabella, Boy Scout Troop 237, and Noell Crosse Public Education Coordinator for Contra Costa Fire

Photo provided

orindavillage.org) members and the community on June 3 at Lafayette-Orinda Presbyterian. Lamorinda Village is a community based network of people over age 55 living in Lafayette, Moraga, and Orinda.

D. Seibert, Program Manager from Lamorinda CERT, G. Nathan, CERT Instructor, and

Noell Crosse, Public Education Coordinator for Contra Costa Fire, spoke about Emergency Preparedness and Home Fire Safety. The hands-on fire extinguisher practice session was a big success.

Frequent emergency preparedness educational events are extremely important.

Hope Walk a great success



Lamorinda Village Hope Walk team

Photo provided

Submitted by Libby Eppinga

The 2022 Cancer Support Community Hope Walk was the most successful yet. Over 900 walkers turned

out virtually and in-person during Hope Walk Week May 15-21 to raise over \$228,000 (with donations still com-

ing at hopewalkbayarea.net) in support of vital programs and services for cancer patients and their families in the community. Team Lamorinda Village had a blast at Lafayette Reservoir with their two-legged and four-legged friends while supporting a wonderful cause.

Cancer Support Community San Francisco Bay Area has been a vital community resource for over 30 years providing free support programs to thousands of cancer patients and their families, both virtual and in-person. Their comprehensive programs complement the medical care patients receive and focus on treating the whole person. Programs include sup-

port groups, counseling, nutrition classes, exercise, educational workshops with leading health professionals – all designed to improve health outcomes and quality of life.

"We are so grateful to the incredible sponsors, including Presenting Sponsors John Muir Health and UCSF Health as well as Platinum sponsor Exelixis and Silver sponsors Stanford Medicine, and Takeda Oncology and the hundreds of generous individuals for understanding how important it is to support cancer patients and families in the Bay Area," says Cancer Support Community CEO, Rob Tufel, MSW, MPH. "We can't wait until next year."